

DO YOU SNACK
BETWEEN MEALS?

Eating portion-controlled, nutritious snacks has its merits as it may help to regulate hunger, taper your food intake at main meals and boost your intake of essential nutrients. The key is to choose snacks that are low in kilojoules and 'bad' saturated fats, and have one or more nutritional benefits.



Smart SNACKING

Think healthy when you feel like a little something between meals, recommends Vanessa Schuldt



Racing out the door

Keep a couple of nutritious, portion-controlled snacks with a limit of about 700kJ. This will help you avoid the temptation to grab a less-than-desirable snack when you're ravenous.

Snack smart on the run:

1. Lucky Snack Packs (6 x 30g packs) – Oven Roasted Almonds & Cranberries. Per serve (30g pack): 681kJ, 0.9g saturated fat, 5.9g fibre. With antioxidant vitamin E, a good source of fibre and a low salt content, this convenient mix will leave you feeling satisfied.
2. Arnott's Vita-Weat Grain Snacks – Original with Sea Salt (10 pack) Per serve (20g pack): 365kJ, 0.3g saturated fat, 1.7g fibre. These light and crispy bite-sized snacks, with the goodness of wholegrains, make an ideal handbag partner.

At your desk

You're less likely to be tempted to buy a chocolate bar when you've got some fuel in your desk drawer.

Snack smart at work:

3. Be Natural Trail Bars – Nut & Fruit. Per serve (32g bar): 480kJ, 0.5g saturated fat, 4.2g fibre. The combination of five nutritious wholegrains plus antioxidant-rich nuts and dried fruits make these tasty, high-fibre bars a good between-meal option.
4. John West Tuna to Go – Lemon & Cracked Pepper. Per serve (61g pack): 592kJ, 1.6g saturated fat. With heart-friendly omega-3 fats and satiety-promoting protein, this snack will keep your heart happy and get you over the line when the workplace munchies hit. ▶

Between tennis matches

Avoid high-energy snacks and sports drinks and instead drink water to stay hydrated, and make fruit or yoghurt your first preference to top up fuel supplies.

Snack smart off the court:

5. Tamar Valley 98% Fat Free, No Added Sugar, Greek Style Yoghurt (pack of 4 flavours). Per serve (125g tub): 373kJ, 1.4g saturated fat. It may be creamy but, rest assured, it's a nutritious snack, with over one quarter of your daily calcium needs to support strong bones as you run the court. Keep it chilled with an ice brick in a cooler bag.

6. Goulburn Valley Peach in Mango (4 pack) Per serve (140g tub): 328kJ, <0.1g saturated fat, 1.7g fibre.

This snack delivers both nutritious energy and fluid – a winning formula for a mid-match snack.

Bushwalking

Light-weight, nutritious snacks are perfect when bushwalking. Pack a muesli bar or trail mix with less than 700kJ so as to not undo the fat-burning effects of your walk.

Snack smart for trekking:

7. Homemade trail mix (½ cup air-popped popcorn, ¼ cup dried apple, 10 dry roasted almonds) Per serve (about 1 cup): 650kJ, 0.5g saturated fat, 5.5g fibre. Air-popped popcorn is light in kilojoules and contains large amounts of polyphenols to help mop up harmful free radicals in the body. Make your own mix to keep the energy content down and get the antioxidant count up.

8. Uncle Tobys Bodywise Weight Maintenance bar – Berry Fusion. Per serve (23.8g bar): 363kJ, 0.3g saturated fat, 2.6g fibre. With the goodness of oats and the Heart Foundation 'Tick' of approval, this tasty portion-controlled bar is a brilliant snack for those watching their waistline.



On a road trip

When driving long distances, plan ahead and divide snacks into portions according to meal type. For example, place a serve of grapes in a zip-lock bag and label as 'morning tea snack'. Pack plenty of water and sip regularly to keep hydrated.

Snack smart in the car:

9. FreshLife Super Cranberry & Pomegranate Blend with Cherries and Blueberries Per serve

(50g serve): 678kJ, 0.1g saturated fat, 3.4g fibre. The energy-giving carbohydrates and antioxidants will pep you up for the long drive ahead. Add a 50g serve to a zip-lock bag and off you go.

10. Freedom Foods Norganic Wholemeal Wrap with Chia Per serve (45g wrap with 5g hommus and salad): 702kJ, 1.6g saturated fat, 2.8g fibre. The vitamin, mineral, fibre and omega-3 content of this tasty wrap has been boosted with the addition of chia seeds.

Friends over for a chin wag

Aim to eat two serves of fruit daily, with one 'serve' being a medium piece of fresh fruit, or one cup of diced or canned fruit.

Snack smart with friends:

11. Arnott's Snack Right Fruit Pillow – Wild Berry. Per serve (2 biscuits): 530kJ, 0.8g saturated fat,

1.7g fibre. Sweet biscuits go hand-in-hand with a cup of tea or coffee. The key is to opt for healthier alternatives, like these fruit-filled biscuits with 270 fewer kilojoules per serve, than two Tim Tams.

12. Platter of fresh strawberries and blueberries. Per serve (1 cup): 230kJ, 0g saturated fat, 2.5g fibre. Berries are among the lower kilojoule fruits, making them super snacks for slimmers.

Snack well:

Fresh fruit is a 'gold standard' snack thanks to the vitamins, minerals, antioxidants, and fibre it contains.



At the park

Bite-sized, wholegrain breakfast cereals are ideal to munch on in the park. Look for options that are below 600kJ and above 3g fibre per serve, and for savoury snacks go for less than 150mg sodium per serve.

Snack smart with the kids:

13. Uncle Tobys VitaBrits High Fibre Bites – Honey. Per serve (30g): 435kJ, 0.1g saturated fat, 6.1g fibre, 112mg sodium. A 30g serve delivers one-fifth of your daily fibre needs. There's no need to add milk, simply package up serves in zip-lock bags.

14. Cool Pak Popped Corn. Per serve (20g): 394kJ, 0.6g saturated fat, 3.4g fibre, 140mg sodium. With far less fat and sodium than potato chips, this treat makes the perfect 'play snack'.

Watching a DVD

Your night to unwind can be a chance to fill up with some nutritional goodness. Vegetables and legumes are the pick of the bunch, with their wealth of fibre, vitamins, minerals and antioxidants.

Snack smart on the couch:

15. Edamame. Per serve (per 100g edible portion): 509kJ, 0.6g saturated fat, 5g fibre. These green soybeans in the pod pack a nutritious punch with fibre, folate, iron and a gamut of other vitamins and minerals. Available at most Asian stores.

16. Vegetable crudités with light hummus. Per serve (10 carrot and 10 celery crudités with 25g of light hummus): 495kJ, 0.3g saturated fat, 3.5g fibre. A delicious way to top up your fibre and antioxidant intake. ◉